



National Nutrient Database for Standard Reference
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Statistics Report 01259, Cheese spread, American or Cheddar cheese base, reduced fat

Report Date: July 16, 2017 18:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	61.82	10	2.812	51.4	69.1	9.0	55.46	68.18	1	Analytical or derived from analytical	--	05/2013
Energy	kcal	176	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Energy	kJ	738	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Protein ¹	g	13.41	10	1.172	10.1	17.8	9.0	10.759	16.06	1	Analytical or derived from analytical	--	05/2013
Total lipid (fat) ¹	g	8.88	10	0.221	8.1	9.7	9.0	8.381	9.379	1	Analytical or derived from analytical	--	05/2013
Ash ¹	g	5.18	10	0.437	3.96	6.83	9.0	4.193	6.169	1	Analytical or derived from analytical	--	05/2013
Carbohydrate, by difference	g	10.71	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Sugars, total ¹	g	7.06	4	0.399	5.86	7.52	3.0	5.785	8.327	1	Analytical or derived from analytical	--	05/2013

Minerals

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca 1	mg	557	10	85.239	340	877	9.0	363.976	749.624	1	Analytical or derived from analytical	--	05/2013
Iron, Fe 1	mg	0.36	10	0.062	0.11	0.61	9.0	0.218	0.499	1	Analytical or derived from analytical	--	05/2013
Magnesium, Mg 1	mg	27	10	2.662	19	37	9.0	20.847	32.893	1	Analytical or derived from analytical	--	05/2013
Phosphorus, P 1	mg	931	10	50.643	792	1,160	9.0	816.038	1045.162	1	Analytical or derived from analytical	--	05/2013
Potassium, K 1	mg	250	10	16.126	195	315	9.0	213.622	286.578	1	Analytical or derived from analytical	--	05/2013
Sodium, Na 1	mg	1102	10	86.302	842	1,490	9.0	906.372	1296.828	1	Analytical or derived from analytical	--	05/2013
Zinc, Zn 1	mg	1.81	10	0.074	1.56	2.11	9.0	1.644	1.978	1	Analytical or derived from analytical	--	05/2013
Copper, Cu 1	mg	0.032	10	0.004	0.03	0.06	9.0	0.022	0.041	1	Analytical or derived from analytical	--	05/2013
Manganese, Mn 1	mg	0.026	10	0.004	0.01	0.04	9.0	0.018	0.034	1	Analytical or derived from analytical	--	05/2013
Selenium, Se 1	µg	15.5	6	1.335	12.2	19.6	5.0	12.068	18.932	1	Analytical or derived from analytical	--	05/2013

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Thiamin ¹	mg	0.038	6	0.004	0.03	0.05	5.0	0.028	0.049	1	Analytical or derived from analytical	--	05/2013
Riboflavin ¹	mg	0.442	6	0.037	0.31	0.56	5.0	0.346	0.537	1	Analytical or derived from analytical	--	05/2013
Niacin ¹	mg	0.153	6	0.007	0.13	0.17	5.0	0.136	0.17	1	Analytical or derived from analytical	--	05/2013
Pantothenic acid ¹	mg	0.797	4	0.154	0.52	1.12	3.0	0.308	1.286	1	Analytical or derived from analytical	--	05/2013
Vitamin B-6 ¹	mg	0.099	6	0.012	0.07	0.15	5.0	0.068	0.131	1	Analytical or derived from analytical	--	05/2013
Folate, total	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Folate, food	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Choline, total ¹	mg	42.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013
Vitamin B-12 ¹	µg	1.17	6	0.289	0.51	2.1	5.0	0.431	1.915	1	Analytical or derived from analytical	--	05/2013
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	185	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013
Retinol ¹	µg	183	2	--	70	296	1.0	--	--	1	Analytical or derived from analytical	--	05/2013
Carotene, beta ¹	µg	27	4	8.497	13	50	3.0	0.362	54.448	1	Analytical or derived from analytical	--	05/2013
Carotene, alpha ¹	µg	0	4	0.116	0	0	3.0	-0.252	0.483	1	Analytical or derived from analytical	--	05/2013
Cryptoxanthin, beta ¹	µg	1	2	--	1	1	1.0	--	--	1	Analytical or derived from analytical	--	05/2013
Vitamin A, IU	IU	656	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013
Lycopene ¹	µg	0	4	0.220	0	1	3.0	-0.323	1.079	1	Analytical or derived from analytical	--	05/2013
Lutein + zeaxanthin ¹	µg	11	4	6.581	3	31	3.0	-9.594	32.294	1	Analytical or derived from analytical	--	05/2013
Vitamin E (alpha-tocopherol) ¹	mg	0.46	6	0.105	0.22	0.72	5.0	0.195	0.734	1	Analytical or derived from analytical	--	05/2013
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Lipids													
Fatty acids, total saturated	g	5.647	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
4:0 ¹	g	0.205	6	0.004	0.2	0.22	5.0	0.195	0.215	1	Analytical or derived from analytical	--	05/2013
6:0 ¹	g	0.156	6	0.002	0.15	0.16	5.0	0.15	0.162	1	Analytical or derived from analytical	--	05/2013
8:0 ¹	g	0.104	6	0.004	0.09	0.11	5.0	0.093	0.115	1	Analytical or derived from analytical	--	05/2013
10:0 ¹	g	0.247	6	0.005	0.23	0.26	5.0	0.234	0.261	1	Analytical or derived from analytical	--	05/2013
12:0 ¹	g	0.280	6	0.006	0.26	0.29	5.0	0.265	0.295	1	Analytical or derived from analytical	--	05/2013
14:0 ¹	g	0.906	6	0.017	0.84	0.94	5.0	0.862	0.949	1	Analytical or derived from analytical	--	05/2013
15:0 ¹	g	0.098	6	0.003	0.09	0.1	5.0	0.091	0.105	1	Analytical or derived from analytical	--	05/2013
16:0 ¹	g	2.610	6	0.071	2.35	2.78	5.0	2.427	2.794	1	Analytical or derived from analytical	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:0 1	g	0.057	6	0.001	0.05	0.06	5.0	0.053	0.061	1	Analytical or derived from analytical	--	05/2013
18:0 1	g	0.962	6	0.035	0.86	1.05	5.0	0.871	1.053	1	Analytical or derived from analytical	--	05/2013
20:0 1	g	0.014	6	0.001	0.01	0.02	5.0	0.013	0.016	1	Analytical or derived from analytical	--	05/2013
22:0 1	g	0.004	6	0.000	0	0.01	5.0	0.003	0.005	1	Analytical or derived from analytical	--	05/2013
24:0 1	g	0.003	6	0.000	0	0	5.0	0.002	0.003	1	Analytical or derived from analytical	--	05/2013
Fatty acids, total monounsaturated	g	2.458	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
14:1 1	g	0.092	6	0.002	0.08	0.1	5.0	0.087	0.096	1	Analytical or derived from analytical	--	05/2013
15:1 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
16:1 undifferentiated 1	g	0.152	6	0.006	0.13	0.17	5.0	0.136	0.168	1	Analytical or derived from analytical	--	05/2013
16:1 c 1	g	0.121	6	0.004	0.1	0.13	5.0	0.11	0.132	1	Analytical or derived from analytical	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 t ¹	g	0.031	6	0.002	0.02	0.04	5.0	0.026	0.037	1	Analytical or derived from analytical	--	05/2013
17:1 ¹	g	0.018	6	0.000	0.02	0.02	5.0	0.017	0.019	1	Analytical or derived from analytical	--	05/2013
18:1 undifferentiated ¹	g	2.173	6	0.080	1.94	2.37	5.0	1.968	2.378	1	Analytical or derived from analytical	--	05/2013
18:1 c ¹	g	1.938	6	0.069	1.73	2.1	5.0	1.761	2.115	1	Analytical or derived from analytical	--	05/2013
18:1 t ¹	g	0.235	6	0.011	0.2	0.27	5.0	0.206	0.264	1	Analytical or derived from analytical	--	05/2013
20:1 ¹	g	0.019	6	0.001	0.02	0.02	5.0	0.016	0.022	1	Analytical or derived from analytical	--	05/2013
22:1 undifferentiated ¹	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
22:1 c ¹	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
22:1 t ¹	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
24:1 c ¹	g	0.005	6	0.001	0	0.01	5.0	0.001	0.008	1	Analytical or derived from analytical	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.415	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:2 undifferentiated ¹	g	0.331	6	0.013	0.29	0.36	5.0	0.297	0.365	1	Analytical or derived from analytical	--	05/2013
18:2 n-6 c,c ¹	g	0.226	6	0.010	0.2	0.25	5.0	0.201	0.251	1	Analytical or derived from analytical	--	05/2013
18:2 CLAs ¹	g	0.045	6	0.003	0.04	0.06	5.0	0.038	0.052	1	Analytical or derived from analytical	--	05/2013
18:2 t not further defined ¹	g	0.060	6	0.002	0.05	0.07	5.0	0.054	0.067	1	Analytical or derived from analytical	--	05/2013
18:3 undifferentiated ¹	g	0.039	6	0.002	0.03	0.04	5.0	0.035	0.044	1	Analytical or derived from analytical	--	05/2013
18:3 n-3 c,c,c (ALA) ¹	g	0.039	6	0.002	0.03	0.04	5.0	0.034	0.044	1	Analytical or derived from analytical	--	05/2013
18:3 n-6 c,c,c ¹	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
18:3i ¹	g	0.001	6	0.000	0	0	5.0	--	0.001	1	Analytical or derived from analytical	--	05/2013
18:4 ¹	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c ¹	g	0.002	6	0.001	0	0	5.0	--	0.003	1	Analytical or derived from analytical	--	05/2013
20:3 undifferentiated ¹	g	0.011	6	0.000	0.01	0.01	5.0	0.01	0.012	1	Analytical or derived from analytical	--	05/2013
20:3 n-6 ¹	g	0.011	6	0.000	0.01	0.01	5.0	0.01	0.012	1	Analytical or derived from analytical	--	05/2013
20:4 undifferentiated ¹	g	0.017	6	0.001	0.01	0.02	5.0	0.015	0.019	1	Analytical or derived from analytical	--	05/2013
20:5 n-3 (EPA) ¹	g	0.004	6	0.000	0	0.01	5.0	0.003	0.005	1	Analytical or derived from analytical	--	05/2013
22:4 ¹	g	0.003	6	0.001	0	0.01	5.0	0.002	0.005	1	Analytical or derived from analytical	--	05/2013
22:5 n-3 (DPA) ¹	g	0.006	6	0.000	0.01	0.01	5.0	0.006	0.007	1	Analytical or derived from analytical	--	05/2013
22:6 n-3 (DHA) ¹	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2013
Fatty acids, total trans	g	0.327	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total trans-monoenoic	g	0.266	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Cholesterol ¹	mg	38	6	3.349	30	46	5.0	29.492	46.708	1	Analytical or derived from analytical	--	05/2013

Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17b, 2012 Beltsville MD